



# ALOHA PUMEHANA

September 2003 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication  
Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu



## A Senior's Nightmare

Imagine sitting in your living room and receiving a telephone call from a bank manager. He says you owe them \$50,000 for a brand new car and claims you have not been making payments. Imagine your panic—not only do you not have a car, you can't even drive any more! You have just become a victim of Identity Theft. Each year, at least 500,000 people fall prey to this non-violent but scary and fast-growing crime. People aged 50 and older are more likely to become victims of identity theft, according to federal statistics. The Federal Trade Commission (FTC) says thieves target seniors' credit card accounts, cellular telephone service contracts, personal checks and personal loans.

The 1990's spawned a new variety of crooks called identity thieves. They use your personal information, such as your name, address, phone number, Social Security Number (SSN), and bank account numbers to commit fraud or theft without your knowledge. They open phony credit accounts or use real ones to buy merchandise and drain bank accounts.

Identity theft is a serious crime. People whose identities have been stolen can spend months or years—and thousands of dollars—cleaning

up the mess the thieves have made of their good name and credit record. In the meantime, victims may lose job opportunities, be refused loans for education, housing, cars, or even be arrested for crimes they didn't commit. Humiliation, anger, and frustrations are common feelings victims experience as they navigate the tedious process of reclaiming their identity.

Despite your best efforts to manage the flow of your personal information or to keep it to yourself, skilled identity thieves may use a variety of methods—low and hi-tech—to gain access to your data. Here are some of the ways an imposter can get your personal information and steal your identity.

### How identity thieves get your personal information:

- They steal wallets and purses containing your identification, bank, and credit cards.
- They steal your mail, including your bank and credit card statements, pre-approved credit offers, telephone calling cards and tax information.
- They complete a "change of address form" to divert your mail to another location.
- They rummage through your trash, or the trash of businesses, for personal data in a practice known as "dumpster diving."
- They fraudulently obtain your credit report by posing as a landlord, employer or someone



else who may have a legitimate need for—or a legal right to—the information.

- They get your business or personnel records at work.
- They find personal information in your home.
- They use personal information you share on the Internet.
- They buy your personal information from "inside" sources. For example, an identity thief may pay a store employee for information about you that appears on an application for goods, services, or credit.

### How identity thieves use your personal information:

- They call your credit card issuer and, pretending to be you, ask to change the mailing address on your credit card account. The imposter then runs up charges on your account. Because your bills are being sent to the new address, it may take some time before you

*Continued on page 2*

## In This Issue . . .

Identity Theft . . .	
A Senior's Nightmare .....	1
Surfing the Aging Network .....	2

Caregiver's Corner .....	3
Caring For The Caregiver .....	4
Resources For ID Theft .....	5

Resources For End-Of-Life Care .....	5
Bits & Pieces .....	6
Calendar Of Events .....	7

realize there's a problem.

- They open a new credit card account using your name, date of birth, and SSN. When they use the credit card and don't pay the bills, the delinquent account is reported on your credit report.
- They establish phone and wireless service in your name.
- They open a bank account in your name and write bad checks on that account.
- They file for bankruptcy under your name to avoid paying debts they've incurred under your name, or to avoid eviction.
- They counterfeit checks or debit cards, and drain your bank account.
- They buy cars by taking out auto loans in your name.

### Some ways you can prevent identity theft:

- Order a copy of your credit report from each of the three major credit-reporting agencies every year. Make sure it is accurate and includes only those activities you've authorized. The law allows credit bureaus to charge up to \$9 for a copy of your credit report.
- Place passwords on your credit card, bank and phone accounts. Avoid using easily available information like your mother's maiden name, your birth date, the last four digits of your SSN, or your phone number, or a series of consecutive numbers.
- Secure personal information in your home, especially if you have roommates, employ outside help, or are having service work done in your home.
- Don't give out personal information on the phone, through the mail, or over the Internet unless you've initiated the contact or are sure you know whom you're dealing with.
- Deposit outgoing mail in post

office collection boxes or at your local post office, not in an unsecured mailbox. Promptly remove mail from your mailbox. If you're planning to be away and can't pick up your mail, call the U.S. Postal Service at **1-800-275-8777** to request a vacation hold or visit your local post office for the form.

- Don't carry your SSN card. Leave it in a secure place.
- Give your SSN only when absolutely necessary. Ask to use other types of identifiers when possible. If your state uses your SSN as your driver's license, ask to substitute another number.
- Pay attention to your billing cycles. Follow up with creditors if your bills don't arrive on time. A missing credit card bill could mean a thief has taken over your account and changed your billing address to cover his tracks.
- Be wary of promotional scams. Identity thieves may use phony offers to get you to give them your personal information.
- Keep your purse or wallet in a safe place at work.

If you've been a victim of identity theft, call the FTC's Identity Theft Hotline toll-free at **1-877-IDTHEFT (438-4338)**. Counselors will take your complaint and advise you on how to deal with the credit-related problems that could result. In addition, the FTC, in conjunction with banks, credit grantors, and consumer advocates, has developed the ID Theft Affidavit to help victims restore their good names. The ID Theft Affidavit, a form that can be used to report information to many organizations, simplifies the process of disputing charges with companies where a new account was opened in your name. For a copy of the affidavit, visit the ID Theft website at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft).

The Hotline and website give you one place to report the theft to the federal government and receive

helpful information. The FTC puts your information into a secure consumer fraud database where it can be used to help other law enforcement agencies and private entities in their investigations and victim assistance.

*(Printed with permission from the Federal Trade Commission: Facts For Consumers publication, ID Theft: When Bad Things Happen to Your Good Name)*



*By Tony Baccay*

**[www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)**

A Federal Trade Commission website to obtain government reports and Congressional testimony, law enforcement updates, and links to other sites with helpful information about identity theft and how to restore your credit.

**[www.identitytheft.org](http://www.identitytheft.org)**

Step-by-step guide on how to regain credit.

**[www.aarp.org/ppi](http://www.aarp.org/ppi)** Website for more information on identity theft and other scams.

**[www.relayhawaiiity.com](http://www.relayhawaiiity.com)**

Information on no cost (waived by Sprint) equipment rental program for TTY, VCO, and Speech-to-Speech users.

**[www.kokuamau.org](http://www.kokuamau.org)** Designed by and dedicated to Hawaii's ohana who are confronted with having to make choices about end-of-life issues.

**[www.healthfinder.gov/justforyou](http://www.healthfinder.gov/justforyou)**

User-friendly website that brings reliable health information to Asian Americans, Native Hawaiians, and other Pacific Islanders on key issues affecting these populations. The new consumer resource will be useful to caregivers, patients, and others searching for health information on behalf of individuals more comfortable in their native language.

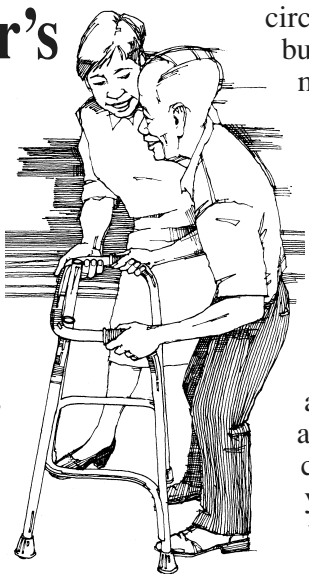
# Caregiver's Corner

By Lorraine Fay

## Who ARE the Caregivers?

If you have an elderly or frail parent, spouse, friend or neighbor that you help by taking them shopping or to doctor appointments, with doing yard or housework, by paying bills or any other everyday tasks...then you are a family caregiver. That's right—Mom doesn't have to be bedridden, Dad doesn't have to be in late stage Alzheimer's disease, or both needing care 24/7 for you to consider yourself a caregiver. Often adult children think that "caregivers" are only the people that they or their parents pay to do things that need to be done. They don't recognize that their own role in overseeing the whole situation is also "caregiving."

Usually tasks gradually increase in kind and number, until caregivers are so busy doing them that they don't even think about getting help. Often people get thrust into caregiving with a "middle-of-the-night" call: Dad's in the hospital with a stroke. They've never considered that possibility. They don't even know that eldercare resources exist. If they don't know enough to seek out the hospital social work department, they take him home expecting that they can manage...until reality sets in a few days later. But how do you find new information when you are doing things for him day and night and trying to take naps when you can? Even a few weeks of this sleep deprivation and adjustment to new



circumstances can create as much burn-out as months and years of more routine kinds of caregiving.

We hope you will realize early that what you are doing is called "caregiving." Why? So that when you see articles, bus posters, conferences, and resource fairs using the word "caregiver," you understand that refers to you. The sooner you get information about the aging process and what services are available for elders and caregivers, the better prepared you will be to deal with a role that most of us find ourselves in sometime during our life. That knowledge may spare you stress and your own health problems.

The Federal Administration on Aging recognizes that 80% of home care is provided by the family and has programs to aid them. (In Hawaii, the figure is 95%, according to a Department of Health survey.) Employers are beginning to provide caregiver education and support sessions at the workplace. Medical personnel are identifying caregivers and directing them to resources. But nobody can help if you can't change your own thinking from "a caregiver is someone we pay" to "I am a caregiver." Make that switch, before you are in need of care for your loved ones...and yourself.

## National Family Caregiver Program Update

By May Fujii Foo

In FY 2003, there were 1,145 caregivers and their family members on Oahu who received help in accessing services, respite assistance, counseling, educational skills training, supportive activities and supplemental services. Funding through the National Family Caregiver Support Program was extended for FY 2004-05 for the following agencies:

## The Alzheimer's Association-Aloha Chapter—

offers educational sessions at locations throughout Oahu. This year, a "Caregiver University" includes information on consumer/physician partnerships, self-care, managing challenging behaviors, hiring and managing in-home caregivers, and legal and financial information. Call **591-2771** for a schedule or more information.

## Franciscan Adult Day Care Center's "Caregiver Activities, Respite and Education or C.A.R.E Club"—

is a support group that meets every other Tuesday at 9:30 a.m. at the Eldercare Hawaii office located at 2909 Lowrey Avenue, Suite E. The program addresses the physical and emotional well being of the caregiver, provides education and resources, and group or individual counseling. Call **988-5678** to attend a session or for more information.

## Child and Family Service - Honolulu Gerontology Program's Ohana Care—

offers case management, counseling, education and training in an all-inclusive family unit. This service delivery approach enhances not only the caregiver's skills and knowledge, but also allows the care receiver to remain at home longer. Ohana Care also includes supplemental services to complement the care provided by caregivers. Call **543-8468** for assistance.

## Kokua Kalihi Valley's (KKV) Elderly Program—

is available to caregivers residing in the Kalihi Valley area. Services offered include respite, a temporary substitute support or living arrangement for older persons so that caregivers can get a brief period of relief and rest. Subsidies to purchase additional hours of respite are available. KKV also has caregiver support group meetings twice a month. Call **848-0977** for more information.

*Continued on page 4*



### The Moiliili Hongwanji Mission Project Dana "Caring for the Caregiver"—

program addresses the care-giver's physical, mental, and spiritual needs. (See accompanying story on this page.)

### In other news...

#### EAD Caregiver Support Group:

Conducted twice a month, the brown-bag sessions are intended to support government employees who are family caregivers and to assist in their caregiving roles. Attendees share best practices at one session and a wide array of educational topics are presented at the other session. The public is invited to attend. Call **523-4762** for more information or to find out about other support group sessions island-wide.

#### November is National Family Caregivers Month:

The National Family Caregivers Association (NFCA) has chosen From Awareness to Action! as it's theme for the 2003 National Family Caregiver's Month.

The NFCA will present "Portrait of Caregiving in America" at a National Family Caregiver Town Hall meeting on Capitol Hill in Washington D.C. on October 21, 2003, where caregivers' stories, needs, and wishes the NFCA have been gathering from across the nation will be brought to the attention of Congress. The stories will also be used to raise awareness at local levels. If you are a caregiver and wish to have your story included in this project, contact **523-4762**.

*(This column features tips for caregivers or answers questions from caregivers. To submit questions or concerns, please call 523-4762.)*



## CARING FOR THE CAREGIVER

By Eunice Sakai, Education Training  
Specialist, Project DANA

Caregiving is the beginning of a caregiver's isolation. It changes their normal lifestyles and limits or eliminates their social and recreational activities. Caregivers are often fatigued, having neither the time nor the energy to seek help from community or family resources. They have no one with whom to discuss concerns and problems. The sense of isolation and alienation increases and takes its toll on their physical, mental, emotional, and spiritual well-being.

This scenario inspired the creation of *Caring for the Caregiver*, a demonstration project which began in FY 2002 via a grant through the National Family Caregivers Support Program, Title III E funds, administered by the Hawaii State Executive Office on Aging through the Honolulu Elderly Affairs Division.

The idea of the project was to take a caregiver out of the mundane routine of caregiving and place them in a fun, healthful, and nurturing activity-based program, usually held on the 2nd and 4th Wednesdays of each month from 9 a.m. to 1 p.m. One session is a support group meeting to discuss problems and concerns. Guest speakers provide training opportunities and valuable information to become a better caregiver. Therapeutic activities, socialization, and nutritious lunches are also offered. The second session is a recreational outing to create balance and fun to restore and rejuvenate the spirit. All costs are covered by project funds; however, donations are welcomed and greatly appreciated.

Volunteers provide respite care in

a group setting or, if necessary, in-home. Transportation is also available. These combined services are planned to boost caregiver morale, give them something enjoyable to anticipate, network with other caregivers, and make new friends, all with positive stress-relieving health benefits.

A primary caregiver who is providing hands-on caregiving may qualify if caring for someone who is 60+ years of age. Project Dana is now accepting referrals on a space available basis. Call Eunice Sakai at **945-3736** to apply.



By Tony Baccay

Need help paying for  
medications?

#### The Hawaii Prescription Care Association

is a new non-profit organization whose mission is to help Hawaii residents obtain prescription medications directly from pharmaceutical companies. Funded by a \$3 million grant from the Harry & Jeanette Weinberg Foundation, the association will help low-income, underinsured, or uninsured patients apply. Staff members will gather the required information from the individual and his or her doctor, complete the applications, and send them to the pharmaceutical companies for approval.

Patients must meet the financial guidelines and must **not** have other prescription coverage.

The Hawaii Prescription Care Calling Center has direct access to over 100 pharmaceutical

Continued on page 6

# RESOURCES FOR ID THEFT

## CREDIT BUREAUS

Order a copy of your credit report from each of the three major credit-reporting agencies every year. The law allows credit bureaus to charge up to \$9 for a copy of your credit report.

### **Equifax** - [www.equifax.com](http://www.equifax.com)

To order your report, call: 1-800-685-1111  
Or write: P.O. Box 74024, Atlanta, GA 30374-0241  
To report fraud, call: 1-800-525-6285  
and write: P.O. Box 740241  
Atlanta, GA 30374-0241

### **Experian** - [www.experian.com](http://www.experian.com)

To order your report, call:  
1-888 EXPERIAN (397-3742) or write:  
P.O. Box 2104, Allen, TX 75013  
To report fraud: call 1-888-EXPERIAN (397-3742)  
and write: P.O. Box 9532, Allen, TX 75013

### **TransUnion** - [www.transunion.com](http://www.transunion.com)

To order your report, call: 1-800-916-8800  
or write: P.O. Box 1000, Chester, PA 19022  
To report fraud, call: 1-800-680-7289  
and write: Fraud Victim Assistance Division,  
P.O. Box 6790, Fullerton, CA 92834-6790

## DIRECT MARKETERS

The Direct Marketing Association's (DMA) Mail and Telephone Preference Services allows you to opt out of receiving direct mail marketing and telemarketing calls from many national companies for five years. When you register with these services, your name will be put on a "delete" file and made available to direct-mail and telephone marketers. However, your registration will not stop mailings or calls from organizations not registered with the DMA's Mail and Telephone Preference Services.

### **For Direct Mail Marketing:**

Direct Marketing Association  
Mail Preference Service  
P.O. Box 643, Carmel, NY 10512  
Or go online at:  
[www.the-dma.org/consumers/offmailinglist.html](http://www.the-dma.org/consumers/offmailinglist.html)

### **For Telemarketing:**

Direct Marketing Association  
Telephone Preference Service  
P.O. Box 1559, Carmel, NY 10512

### **Or go online at:**

[www.the-dma.org/consumers/offtelephonenumberlist.html](http://www.the-dma.org/consumers/offtelephonenumberlist.html)

# RESOURCES FOR END-OF-LIFE CARE (Oahu)

## ADVANCE DIRECTIVES

University of Hawai'i Elder Law Program .... 956-6544  
*Your own lawyer*

## GRIEF & BEREAVEMENT SUPPORT

Grieving Persons Support Group ..... 949-0022  
Hospice Hawai'i ..... 924-9255  
St. Francis Hospice ..... 595-7566  
Samaritan Counseling Center of Hawai'i ..... 545-2740  
Single Again ..... 247-4271  
Unity Counseling Center ..... 735-6030

## CASKETS

Affordable Casket Outlet ..... 833-8811  
*Retail Casket Store*  
Website purchase ..... [www.casketstores.com](http://www.casketstores.com)  
*National store directory w/ 24-hour delivery.*

## EDUCATION

AARP Widowed Persons Service ..... 949-0022  
Executive Office on Aging (EOA) ..... 586-0100  
University of Hawai'i Center on Aging ..... 956-5001

## FUNERALS & RELATED SERVICES

Department of Human Services ..... 587-3521  
*(DHS) Applications for death certificates*  
Veterans Service Center ..... 1-800-827-1000  
Social Security Administration ..... 1-800-772-1213  
*Burial Benefits for survivors*  
National Death Care ..... [www.naturaldeathcare.org](http://www.naturaldeathcare.org)  
*Funerals at home*

## MEMORIAL SERVICES PLANNING

Funeral & Memorial Society of HI ..... 638-5580

**HAWAII COALITION TO IMPROVE END-OF-LIFE CARE**  
Kokua Mau ..... 585-9977

## HOSPICE

Hospice Hawai'i ..... 924-9255  
St. Francis Hospice ..... 595-7566

## MORTUARIES

Borthwick Mortuary ..... 522-5200  
Diamond Head Mortuary ..... 735-2872  
Ordenstein's Hawaiian  
Memorial Park Mortuary ..... 247-0437  
Hosoi Garden Mortuary ..... 538-3877  
Kukui Mortuary ..... 537-5548  
Leeward Funeral Home ..... 455-1041  
Mililani Downtown Mortuary ..... 538-6207  
Mililani Memorial Park and Mortuary ..... 677-5631  
Nu'uano Mortuary ..... 537-3907  
Ultimate Creation Services of HI ..... 528-3441  
Williams Funeral ..... 949-0022  
Windward Mortuary at  
The Valley of the Temples ..... 239-8811  
National Cremation Society of HI ..... 523-7027

## ORGAN DONATION

Organ Donor Center of Hawai'i ..... 599-7630  
Lions Eye Bank and Makana Foundation .... 536-7614  
Willed Body Program ..... 956-5467  
*University of Hawai'i School of Medicine*



companies. Companies could send as much as a three-month supply of drugs directly to the doctor's office at little or no charge. The patient picks up the medication at the doctor's office. For more information, please contact Hawaii Prescription Care at (808) 599-6000 or 1-(800)-599-6441.

### Kupuna ID Project:

A program that will issue identification cards to seniors 65 years and older will start soon on Oahu. Although the ID card is not a substitute for the official state or military ID cards or driver's license, it is intended to readily identify seniors in an emergency. Photos, names, and emergency contacts are stored in a database maintained by the Honolulu Police Department (HPD) Crime Investigation Division's Missing Persons Unit to help those who become disoriented, sick, or lost. The database will help HPD officers and other emergency personnel identify a person and return them to their homes and families.

The Kupuna ID Project will start on September 26-28, 2003 at the 19th Annual Senior Fair at the Blaisdell

Exhibition Hall. Police and Fire Department personnel will provide the staffing and equipment to make the ID cards from 8:30 a.m. to 4:30 p.m. each day. For more information or to find out about other locations where Kupuna IDs will be issued, please call Charlene Takeno at 586-1150.

### STAR Award:

Congratulations to Project Dana, one of three recipients nationwide to receive a Senior Transportation Action Response (STAR) Award. Sponsored by the Beverly Foundation and the AAA Foundation for Traffic Safety, the STAR Award was bestowed in recognition of Project Dana's ongoing effort to highlight innovative ways to strengthen transportation services for seniors and people with disabilities. The award is a way to acknowledge what can be done to help individuals maintain their independence through collaboration and effective use of volunteers.

"We currently have 100 volunteer drivers to take participants to medical appointments, stores, or churches," says Project Dana Administrator, **Rose Nakamura**. "We are seeing more and more a greater need for transportation services." **Karen Miyake**, County

Executive on Aging said, "Project Dana's transportation services provided by volunteers is another example of how valuable volunteers are to senior programs." For more information, please call **945-3736**.

### Lanakila Gets New Vehicles:

The Lanakila Meals on Wheels (LMOW) program recently added a Toyota van and a Suzuki Aerio to its fleet of 14 delivery vehicles. The new vehicles are air-conditioned to help keep the frozen meals from thawing out quickly. They also help to save money on repairs and maintenance and afford staff to spend less time taking cars in for repairs. Many of the replaced vehicles were over 14 years old, with high maintenance costs.

The LMOW program serves 35 group dining sites and 117 delivery routes throughout the island, providing over 425,000 meals annually to seniors 60 years and older.

To help control program costs, the agency uses community and military volunteers who assist 13 part-time drivers with meal deliveries. As the only personal contact the senior may have, they

*Continued on page 7*



**LANAKILA MEALS ON WHEELS STAFF**, From Left to Right: Steve Marn, Alan Petalver, Rivette "Kippy" Samoson, Richard Souza, Tracie Padama-Kinere (with son, Brandon), Remy Rueda, Michael Mulleitner, Ramon Reyes, Benita Romero.

are a vital link to other services. On several occasions, a driver has been able to get emergency medical attention when a senior had fallen or become seriously ill.

Elderly Affairs Division also contracts with Hawaii Meals on Wheels (HMOW), who delivered over 50,000 meals to homebound seniors during FY 2003. The goal of both nutrition programs is to keep seniors independent in their own homes and to avoid institutionalization. For more information, contact LMOW at **531-0555** and HMOW at **988-6747**.

### Coming Soon!

The 2003-2005 Senior Information and Assistance Handbook will soon be available to the general public. Published as a service by the City and County of Honolulu and American Savings Bank, the handbook is a resource directory to services, programs, and activities for seniors and caregivers on Oahu. The publication will be available at all branches of **American Savings Bank**, Satellite City Halls, and the Elderly Affairs Division. For more information on how to obtain your free copy, call the Senior Hotline at **523-4545**.

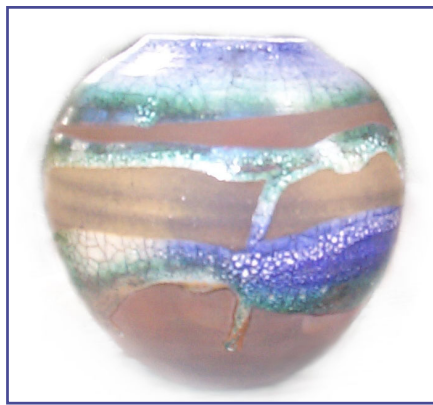


### Raku: A Smoky Form of Art:

If you wander through art galleries or display cases and notice ceramics with delicate, smoke-colored designs, more often you are looking at a piece of raku, an art form developed in 16th century Japan.

Raku is an "event happening" zen-type ceramics that embraces the element of surprise. "What happens, happens," says Steven Shoemaker, a raku instructor at the Makua Alii Senior Center. "You cannot control the outcome. No two pottery is ever the same, which is the beauty of raku," he says.

Paul Soldner is often considered the father of American raku. He came upon the process by accident,



where a glowing pot from the kiln was accidentally bumped and rolled on the grass and into a pond. As a result, the burning grass left beautiful patterns on the clay. Soldner improved on the technique. In a demonstration held in Japan, one of the Grand Masters of the art form once said, "Japanese raku is like a swan. It is slow and very graceful and the process took very long. The American Raku is like an eagle. It's fast. It rips and tears, but they are both beautiful."

Raku requires special clay that will absorb thermal shock. Different clays have different colors. The pottery is fired in a 2,000 degree Fahrenheit kiln for 20-30 minutes. The hot temperature and cold air blown on the pottery will crack the glaze. The pottery is placed on newspapers and sawdust, creating smoke that fills the cracks, giving it a dark color.

Raku classes are held Wednesday nights at 6:30 p.m. and Thursday mornings at 9:00 a.m. For more information on the technique or to inquire about classes, please call Makua Alii Senior Center at **973-7258**.

### Safety Tip:

A smoke alarm in the bedrooms and on each level of the home is a simple precaution all households should take to prevent injury or death from house fires. There are 10-year lithium batteries available for use in newer alarms. This is a good idea for seniors as it cuts down on the need to frequently change batteries. Whatever battery is used, the alarm should be checked regularly to ensure it is functioning properly.

# Calendar of Events 2003

## September 2003

- 5 The AARP Driver Safety Program** is presented at several sites. Kapahulu Senior Center, **737-1748**, September 6 & 13, 8:30 a.m.-12:30 p.m. □ St. Francis Medical Center Liliha, **547-8410**, September 6 & 13, 8:30 a.m.-12:30 p.m. □ Kaiser Mililani Clinic, **432-2260**, September 13 & 20, 9 a.m.-1 p.m. □ Kaiser, Hawaii Kai Clinic, **432-2260**, September 13 & 20, 8 a.m.-12 noon □ Waianae United Methodist Church, **668-7169 / 695-8196**, September 17 & 18, 8:30 a.m.-12:30 p.m. □ Kaiser Honolulu Clinic, **432-2260**, September 23 & 30, 12 noon-4 p.m.
- 6 Caring for Family, Caring for Yourself: A Caregiver's Conference**, Saturday, September 6, 2003, 8 a.m. - 3:30 p.m., Sheraton Waikiki Resort. Call **523-4545** for more information.
- 6 Alzheimer's Association Oahu Memory Walk**, Saturday, September 6, 2003, 6:00 a.m., Fisherman's Wharf. For registration information, call **591-2771**.
- 11 Golf Tournament**, Thursday, September 11, 2003, Ted Makalena Golf Course in Waipahu. Tournament is open to seniors 55 years and older. Call DPR at **973-7258** for registration and information.
- 26 Seniors' Fair: The Good Life Expo**, Friday-Sunday, September 26-28, 2003, 8:30 a.m.-4:30 p.m., Blaisdell Exhibition Hall. Admission is free. For more information, call Productions Hawaii at **832-7878**.

*Continued on back page*



## Calendar of Events 2003 . . .

*Continued from page 7*

### October

- 13 Oahu Bowling Tournament**, Monday and Tuesday, October 13 & 14, 2003, Leeward Bowl. Participation limited to DPR sponsored leagues only. For more information, call **973-7258**.

### November

- 12 Golf Tournament**, Thursday, November 13, 2003, Ted Makalena Golf Course in Waipahu. Tournament is open to seniors 55 years and older. Call DPR at **973-7258** for registration and information.
- 15 Mayor's Cultural Festival and Craft Fair**, Saturday, November 15, 2003, 9:00 a.m.-1:00 p.m., Blaisdell Exhibition Hall.

### December

- 6 19th Annual Honolulu City Lights**, Saturday, December 6, 2003. Food, Entertainment, Electric Light Parade, Christmas Tree Lighting Ceremony, Outdoor Concert, Santa Claus. Free Admission.
- 6 City and County of Honolulu Employee's Christmas Tree Displays**, Saturday, December 6, 2003-January 4, 2004. Indoor Christmas Tree and

Wreath exhibits open daily for tours from 8 a.m.-11 p.m. Free. For more information, contact the Department of Customer Services, Public Information Division at **527-6060**.

#### Department of Community Services ELDERLY AFFAIRS DIVISION

The Area Agency on Aging for the City and County of Honolulu  
715 South King Street, Suite 200, Honolulu, Hawaii 96813

County Executive on Aging ..... Karen Miyake  
Secretary ..... Judi Yogi  
Clerk Typist ..... Alex Blackwell

#### STAFF

Caregiver Specialist, Lorraine Fay; CSA Supervisor, Tony Baccay; Information & Assistance Coordinator, Lot Lau; Chief Planner, Pat Tompkins; Budget Analyst, Eugene Fujioka; Grants Managers, Douglas Gilman, Craig Yamaguchi & May Fujii Foo; Data Coordinator, Carlton Sagara

ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.

*JEREMY HARRIS, Mayor  
City and County of Honolulu*



ELDERLY AFFAIRS DIVISION  
DEPARTMENT OF COMMUNITY SERVICES  
CITY AND COUNTY OF HONOLULU  
715 SOUTH KING STREET, SUITE 200  
HONOLULU, HAWAII 96813

PRSTD. STD.  
U.S. POSTAGE  
**PAID**  
HONOLULU, HI  
PERMIT NO.178